



## **A MINUTE OF HEALTH WITH CDC**

### ***Proper Lens Care***

*Risk Behaviors for Contact Lens-Related Eye Infections among Adults and Adolescents – United States, 2016*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

Contact lenses are a convenient way to improve vision without having to wear glasses. But unlike glasses, improper care and maintenance of lenses can result in severe eye problems, including blindness. Approximately 45 million people in the U.S. wear contact lenses. To avoid problems, lens wearers should replace their storage case regularly, keep lenses away from water, and avoid sleeping or napping in lenses. If you experience redness or pain, remove your lenses and see your provider if symptoms don't go away. Proper lens hygiene can ensure improved vision and prevent potential eye problems associated with wearing lenses.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*